

BUTTERY LEMONY GREENS

*with Crispy Sage
& Zesty Lemon*



serves
6-8

prep time
10/15min

cook time
10/15min

ingredients
12

difficulty
easy

INGREDIENTS:

500g brussel spouts
200g frozen broad beans
2tbsp olive oil
10 fresh sage leaves
100g salted butter
Juice and zest of 1 small lemon
Salt and pepper to season

METHOD:

To prepare the buttered lemony greens, bring a medium pot of water to the boil, place the brussel sprouts into the boiling water and cook until soften, but still firm, approximately 5-6 mins. Remove with a slotted spoon and allow to cool slightly. Slice in half length ways. Into the same boiling water, place the frozen broad beans and cook for 2-3 mins. Drain. The broad beans need their outer coating removed after cooking to reveal the bright green beans. Set aside.

Heat the oil in a large frying pan. Add the sage leaves and fry until just crisp. Remove onto paper towel. In the same frying pan, add the brussel sprouts and cook until the edges are just charred. Remove and toss with the broad beans, butter, lemon juice and season with salt and pepper.

To serve, place the brussel sprouts and broad beans onto a serving plate and scatter with lemon zest and crispy sage leaves.